

## Brief Marijuana Dependence Counseling

Literature review updated May 2014.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [technical manual](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

**Program Description:** Brief Marijuana Dependence Counseling is a standalone treatment that combines motivational enhancement therapy (usually two sessions) and cognitive-behavioral therapy (usually seven sessions) as well as case management. Sessions are generally individual in nature and focus on motivations and readiness for change; building cognitive, behavioral, and emotional skills; and assisting the client with access to additional support services.

### Meta-Analysis of Program Effects

Outcomes measured	Primary or secondary participant	No. of effect sizes	Unadjusted effect size (random effects model)			Adjusted effect sizes and standard errors used in the benefit-cost analysis					
						First time ES is estimated			Second time ES is estimated		
			ES	SE	p-value	ES	SE	Age	ES	SE	Age
Cannabis abuse or dependence	Primary	8	-0.364	0.138	0.009	-0.364	0.138	32	-0.323	0.226	33

### Citations Used in the Meta-Analysis

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Printed on 06-21-2014

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